

YWCA Seattle | King | Snohomish is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.



We are creating a Community Cookbook with recipes, stories, and recipe history, such as recipes that are sent down from generation to generation. Please submit your recipes and if possible, a photo of your dish or dishes to Victoria Thai at vtthai@ywcaworks.org. This will be made available to all and will also be used to welcome residents in the New Resident Baskets that they receive.

COMING SOON

ACEs: Adverse Childhood Experiences & Trauma training and how they influence your health and Well-being throughout the lifespan. Find out how ACEs affects our lives and society and why prevention matters. Please stay tuned for more information.

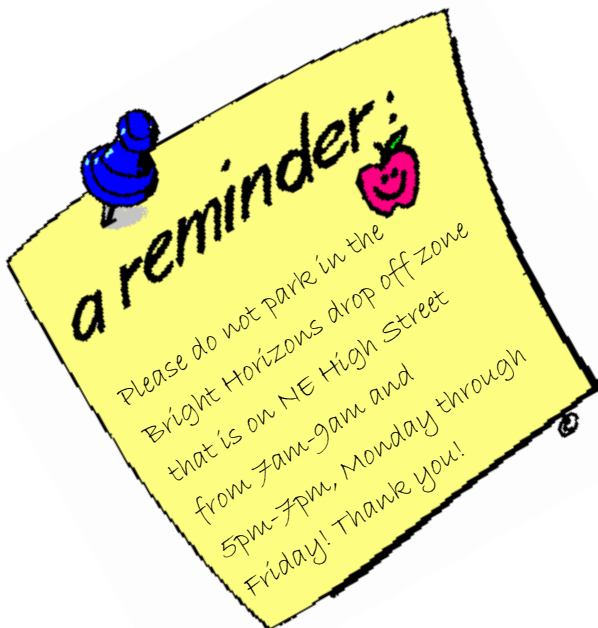


Don't forget to...



SPRING FORWARD!

In the USA, at 2 a.m. on 12 March 2017, clocks will be forwarded one hour, marking the beginning of Daylight Saving Time



“3 Rings” School of Circus Arts

with Sergey Krutikov invited four children from YWCA Family Village Issaquah out to Blakely Hall in the Issaquah Highlands, tuition free, during Mid-Winter Break from February 20th through February 24th to have a fun, active, and unforgettable time loaded with creativity! Camp included clowning around, acrobatics, hat tricks, plate spinning, balancing, and other circus-related activities for five-10 year olds. We would like to thank the 3 Rings School of Circus Arts for thinking of our community to participate in the great work you do!



Mental Illness and Representation by Amanda Evans, LMHC



A colleague of mine, who's a clinical social worker, and I were having a discussion about a movie she'd seen recently called "Split," about a man with Dissociative Identity Disorder (or DID, what used to be known as Multiple Personality Disorder). The main character is a villain who kidnaps several women, and one of his alters has superpowers. This spawned a broader discussion of how mental illness (or MI) is often portrayed in media, and how these representations perpetuate myths and stigma of MI. Media often only represents the most sensationalized types of MI like DID or schizophrenia, and not in an accurate way either. This leaves out a majority of types of MI and the narratives of everyday folks that live with them, including: depression, anxiety, post-traumatic stress, bipolar disorder and many others. The dominant media portrayal of those with mental health issues as violent, criminal or supernatural is ableist, meaning discriminatory toward people with disabilities. It's damaging to those who live with MI and makes people afraid of seeking help. This is why representation matters.

Don't believe the stigma that we're being fed through mainstream media. No matter what mental health issue you might be dealing with, you are valid and deserve respect. Seek help if you need it: call our Mental Health intake line at (425) 922-6192.

Your Family Village Staff Ready to help you! 425-270-6800

Monday—Friday 9:00am—5:00pm

Services

Gina..... Program Director
Markeese..... Youth & Child Advocate
Victoria..... Program Coordinator
Michelle..... Office Assistant

Mental Health 425-922-6192

Laura..... Mental Health Director
Ben..... ORCA LIFT Coordinator

Leasing Office

Norma..... Property Manager
Lisa..... Assistant Manager
Maureen..... Property Coordinator

Facilities

Dan..... Maintenance Supervisor
Tony..... Maintenance
Eric..... Custodian/Maintenance
Mary..... Custodian

Norma's Nook



"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has".

~Margaret Mead

It's that time of year again! Our March Annual All-Building Inspections are going to be scheduled soon.

This is just a reminder to let maintenance know through a work order, any items that need attention as soon as possible.

Please remember that ovens need to be cleaned and not have any items stored in them. Bathroom vents need to be dusted as well. If you have clutter...Unclutter!
Thank you!